

My Care Wishes – Generic newsletter copy

An important scheme to help support patients, families, carers and health professionals plan for the future has been improved.

The 'My Care Wishes' folder is a development on the 'My Advance Care Planning' documents (yellow folders) and ensures planning for a patient's care begins earlier than before. The 'My Advance Care Planning' yellow folders supported people in the last 12 months of life.

'My Care Wishes' replaces the My Advance Care Planning' documents and ensure conversations are started earlier to include discussions about a preferred place of care and death, as well as guidance on how an individual would like to be cared for in an emergency situation.

One key addition to the folder is the 'Personalised Shared Care & Support Plan'. This captures all key information and is completed in partnership with the patient/resident. It is designed to better manage planned and urgent care interventions. The aim is to help support people to keep as well as possible by providing advice and signposting should their needs change/increase. This may assist in the management of a long-term condition or address palliative care/symptom control needs.

In a care home setting, the 'My Care Wishes' folder should remain in the room of the resident, so carers have all the key information in one place.

Transformation Lead at West Suffolk CCG Dawn Barrick Cook said: "My Care Wishes will allow the patient or resident wishes to be heard and ensure there is individualised care, respect and dignity. End of life care is extremely sensitive and we want to continue to improve this, including effective communication between patients, care home residents, their loved ones and the professionals looking after them."

Transformation Lead at Ipswich and East Suffolk CCG Lisa Parrish said: "While much of the content in 'My Care Wishes' will remain the same as before, it does more than consider how someone wishes to die well. It gives the opportunity to encourage discussions at an earlier stage about an individual's care and allow everyone concerned to be fully involved."

Q and A

Who has been involved in the development of the 'My Care Wishes' folder and Personalised Shared Care & Support Plan?

The implementation of the Personalised Shared Care & Support Plan and My Care Wishes folder has been developed by both CCGs in partnership with local clinicians and the Suffolk End of Life Network, Suffolk County Council Adult Community Services (SCC ACS), Suffolk Community Healthcare (SCH), Primary Care GPs and both Suffolk Hospices.

Why is it important the folder remains in the room of a resident if in a care home?

It's important because all the carers will have all the information in one place. This is particularly important in out of hours emergency situations, especially if bank and agency staff are on duty.

What will the 'My Care Wishes' folder look like?

It will look the same as the previous 'My Advance Care Planning' documents (the yellow folder).

Are the East of England DNACPR form included in ‘My Care Wishes’?

Yes – these are still to be used. Please note that these forms need to be a colour copy. A black and white photocopy is acceptable but needs to have an original ‘wet’ signature.

Will there still be copies of the *Planning for your Future Care (Advance Care Planning)* booklets within the My Care Wishes (Yellow Folders)?

Yes – for individuals managed within the community and outside of the Care homes setting. They are not routinely being placed in the MCWs folders taken directly to care homes. However they are available from the CCG or to download from the CCG website.

Should a SPN still be completed by the GP on implementation of a MCWs folder?

Yes – If a My Care Wishes folder is put in place then a Special Patient Note should be completed by the GP in order to inform OOHs services. It’s not just for if an individual that is identified at being EoL with a folder in place and/or DNACPR.

Who should I approach for more information?

For further information please contact [Dawn Barrick-Cook](#) for West Suffolk CCG or [Lisa Parrish](#) for Ipswich East Suffolk.